

"PERIODS ARE NOT A
LUXURY; THEY ARE A
NECESSITY."



SOCIAL ENTERPRISE ACTIVITY

We also operate as a social enterprise (a business with social/charitable aims and objectives) providing a service to other third sector, statutory sector and private sector businesses that wish to invest in their staff's Health and Wellbeing and Personal and Professional Development.

The benefit of buying in our services means that not only do you get a quality service but the margin allows us to reinvest in our charitable aims and objectives and are not a gain for Directors or Shareholders which means we can continue offering a service to those who need it most in the local communities in which we serve.

(Contact Us for further information on programme contents and costs)

CONTACT US

Telephone: 01698 262437

Email: info@thehealthandwellnesshub.org.uk

Website: www.thehealthandwellnesshub.org.uk

OFFICE HOURS

Monday - Friday

9:00am - 4:30pm

The Health and Wellness Hub are a Scottish Charitable Incorporated Organisation (SCIO)

Charity number: SCO47372

Registered Address: Unit 3, 58 - 60 Albert Street,
Motherwell, ML1 1PR



PERIOD PRODUCTS *The Hub*



MENSTRUAL PADS

Always Ultra Day Long without wings (13 pads)

Hey Girls overnight period pads with wings (8 pads)

Natracare Maxi pad without wings (12 pads)

Bodyform

- Regular with and without wings (12 pads)
- Maxi super long without Wings (10 pads)
- Ultra long/with wings (12 pads)



TAMPONS

Lil-lets tampon regular and super (10 pack)

Tampax tampons regular and super (20 pack)

PANTYLINERS



Carefree Cotton Feel pantyliners Unscented (20 pack)

MENSTRUAL CUPS

Hey Girls Cup Combo Kit (Vegan) includes sterilising pot and eco travel bag.



PERIOD PANTS



Hey Girls reusable period pants

Sizes small up to 4XL



MY FIRST PERIOD KITS

Hey Girls My First Period Kit

Includes:

- 2 packs of Day Pads (10 pads)
- Pantyliner (20 liners)
- "It's that time of the month!" guide booklet
- Travel bag



WHY ARE YOU GIVING FREE PERIOD PRODUCTS?

In partnership with North Lanarkshire Council, The Health and Wellness Hub is proud to offer free period products to the community – taking a stand against period poverty and promoting equality for all.

HOW DO I GET THE FREE PERIOD PRODUCT?

It's easy! Just visit the Health and Wellness Hub on Albert Street. Head to the toilet, open the drawer, and take what you need.

AM I ALLOWED TO TAKE SOME?

Of course! Everyone is free to take whatever they need.

DO YOU HAVE ECO FRIENDLY OPTIONS?

Yes! The Health and Wellness Hub now offers free menstrual cups and period pants. A greener and sustainable option for your period care.

I NEED ADVICE

The Hub is here to support you! If you have any questions or concerns, just ask and we can help.